

NUTRITION CONNECTIONS CONFERENCE

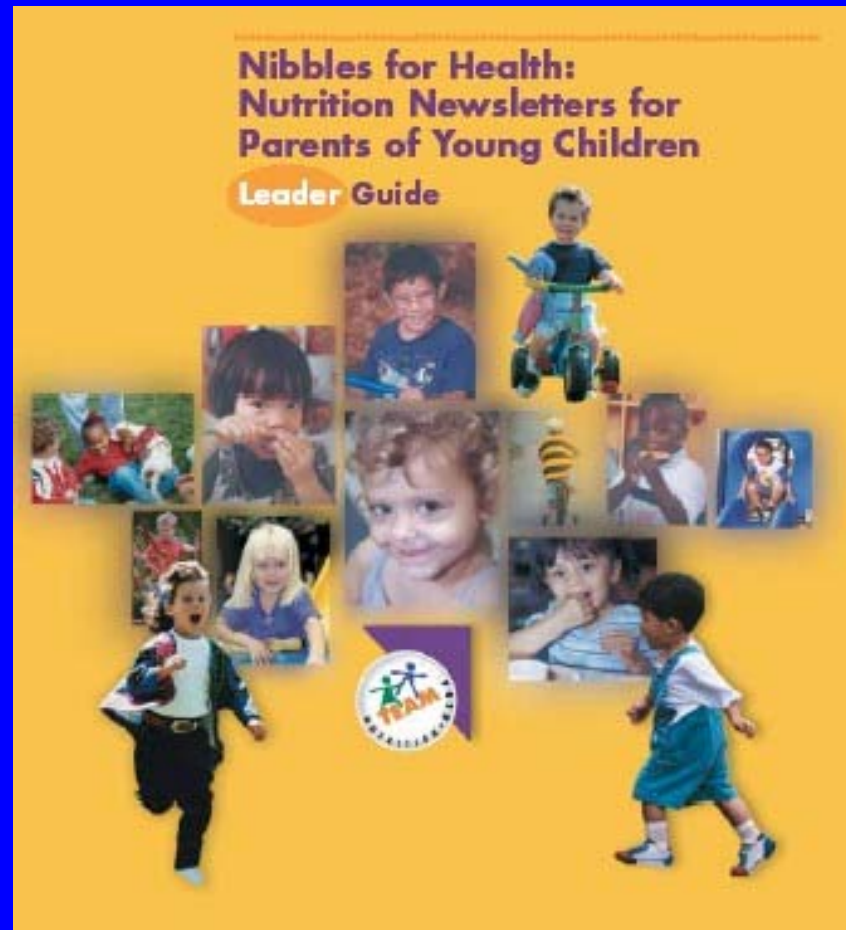


Helping Babies and Children Eat Well and Be Well

February 25, 2003

Nibbles for Health

A New
Resource for
The Child and
Adult Care
Program



Nibbles for Health

Project Officer

Elaine McLaughlin, MS, RD

Author

Roberta Duyff, MS, RD, CFCS, FADA

Team Nutrition Staff

Vicky Urcuyo



WHAT IS IT?

A Leader's Guide
containing
Communication Tools
for Staff and Parents



EMPOWERING Parents and Caregivers

Communication Tools
that promote the value of
nutrition and physical activity

40+ Parent Newsletters
3 Sharing Session Outlines and Posters

GOALS

Nibbles for Health helps parents:

- create a healthful eating environment
- move more and sit less
- prepare food in safe, nutritious ways
- support the whole family in their efforts to eat smart and be more active

TARGET GROUP

Staff and Parents

of young children,
enrolled in child care centers

Also useful for some staff and
parents in programs such as WIC,
Food Stamps and Head Start

DEMOGRAPHICS

Parents with children in Child Care Centers:

- have less access to nutrition education than Head Start or Family Day Care Homes
- make up 1/3 of all enrolled CACFP families and half of all CACFP kids
- have a family income = \$15,000 to \$30,000+
- 1/3 have high school education; additional 1/3 have education beyond high school

40+ easy-to-read newsletter masters



Duplicate and distribute copies
on a routine basis...

Why Breakfast?

Healthful Eating For Your Family

Child Care, What Will My Child Eat?

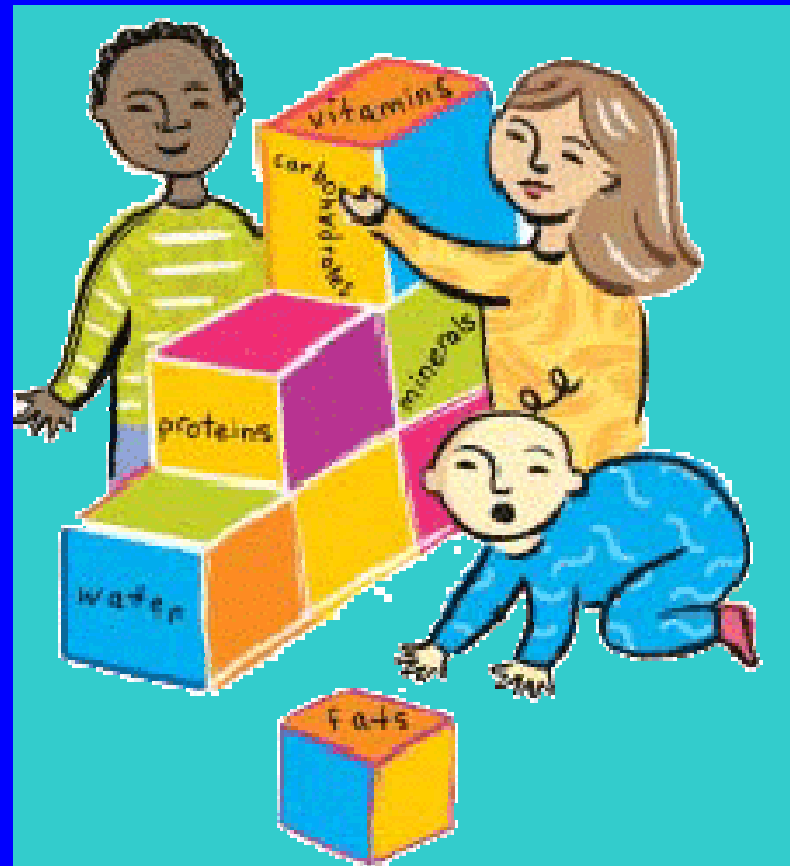
Healthful Choices for Vegetarian Families

How Much Is Enough?

- Variety of topics
- Both color and black & white masters
- 5th grade reading level

NEWSLETTERS SHOW:

- Importance of role modeling
- Encourages healthful food choices
- Enjoying active play
- Exploring a child's world of food
- Respect for differences



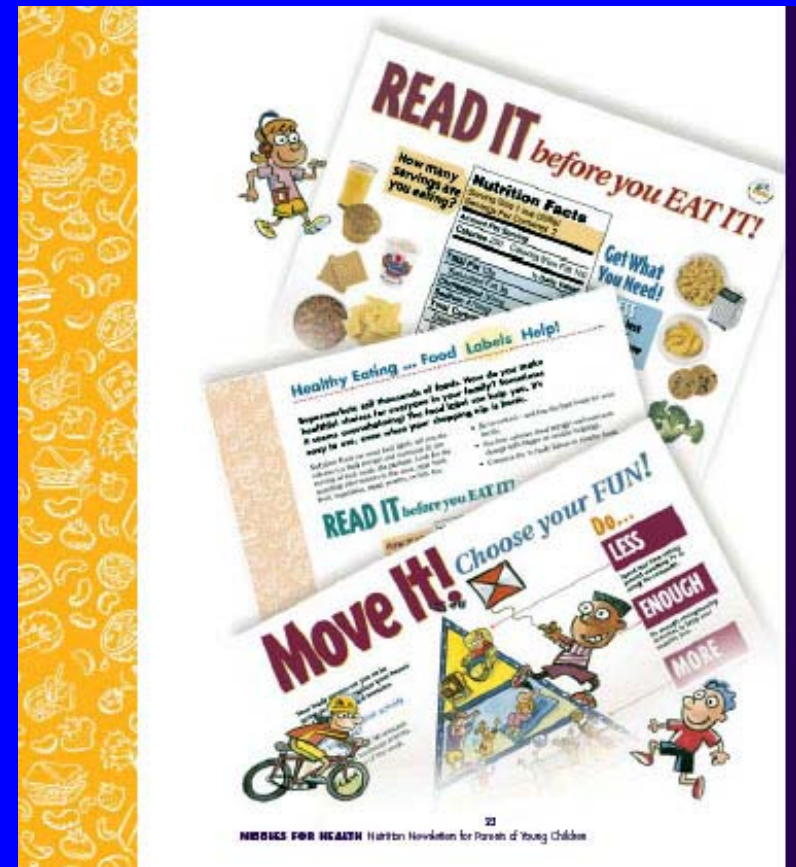
BEYOND THE FACTS:

The newsletters
address
challenges that
parents face
and offer “can-do”
ways to empower
and motivate



3 SHARING SESSIONS, BASED ON 3 POSTERS

Guidance for staff
on conducting
discussions,
based on
poster themes
and related
handouts



HOLDING SHARING SESSIONS

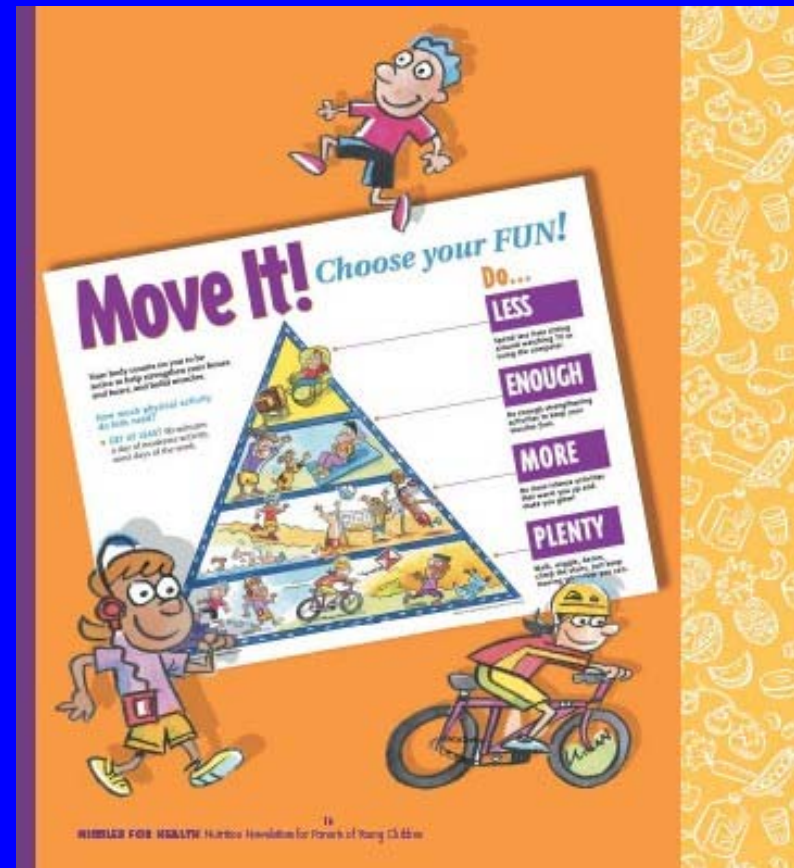
- **Before the session**
 - Do You Know? (Read)
 - Getting Ready (Get, Copy, Display Poster)
- **During the session**
 - Ask (questions to start conversation)
 - Point Out (different parts of the poster)
 - Sum Up (key messages in handout)

ACTIVE LIVING

HOW TO GET FAMILIES MOVING

This session and poster promotes:

- *Move more;*
- *Sit less.*
- *Be active most days of the week*



FOOD LABELS

A TOOL for MAKING FOOD CHOICES

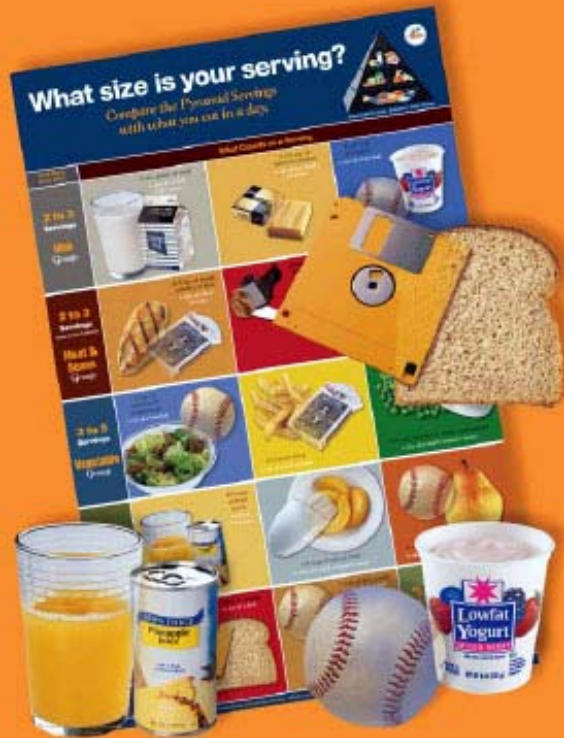


This poster and related session materials promotes:

*Use the
5% - 20% Guide
to the Daily Values
to Choose Foods*

PYRAMID SERVINGS

HOW MUCH ? HOW MANY ?



This session and poster promotes:

*Use common
shapes to estimate
the sizes of
Pyramid Servings*

OUTCOMES AND KEY MESSAGES

Each newsletter and Sharing Session illustrates one or more:

- Key messages
"You can handle choosy eating in a positive way."
- Actionable outcomes
"Use effective ways to handle a choosy eater."



GUIDANCE FOR THE WHOLE FAMILY

Nibbles for Health

gives parenting tips to help parents take care of themselves

- Positive ,
informative
- Skill building
- Reinforces parental responsibility



AVAILABLE VIA INTERNET

Nibbles for Health

will be
fully downloadable
from the
Team Nutrition webpages

[*www.fns.usda.gov/tn*](http://www.fns.usda.gov/tn)

DISTRIBUTION

Beginning mid-April

Leader's Guide with:

- Color, and black & white masters,
 - CD version of newsletters
 - 3 large posters

provided to
35,000+ Day Care Centers
and 5,000 WIC sites